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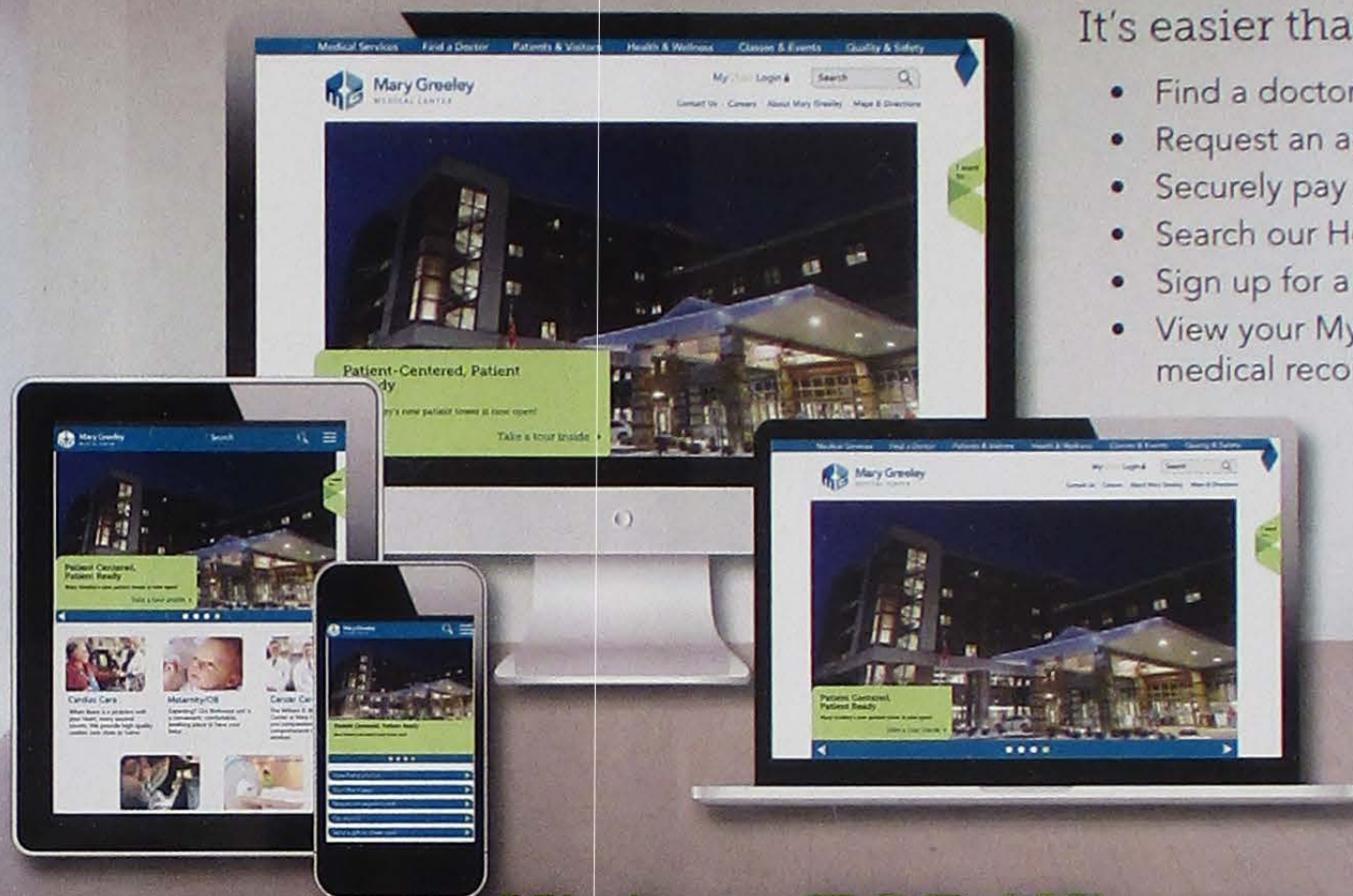
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ON THE COVER: Sarah Riley  
participates in a Farrell's Extreme  
Bodyshaping afternoon kickbox-  
ing session. Photo by Nirmalen-  
du Majumdar/Ames Tribune.

## EDITOR'S NOTE

**L**ove, chocolate, flowers! This is the first thing our thoughts are slammed with right after the new year. Stores pull out the reds and pinks. Heart-shaped everything's are everywhere. The romantic shadow of Valentine's day grows daily. It is a reminder of love and that this love can be focused in the direction of someone important to us. Hopefully that focus will bring us closer to our loved ones and help us learn to show our appreciation for them more often.

Turning the loving focus to ourselves is important to remember. That is why our writers have kept in mind that February — being the month in which Valentine's Day resides — is also American Heart month. Staying healthy and working to keep the heart healthy are great ways to love yourself. Our writers have provide many ways for us to keep focused on us.

CORRECTION: In the January 2015 issue the credit for a photo on page 12 was incorrectly given. Jane Degeneffe contributed a photo of Jane Haliburton, one of the founding members of Raising Readers of Story Co.



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## SPRING SHOWS AT STEPHENS!

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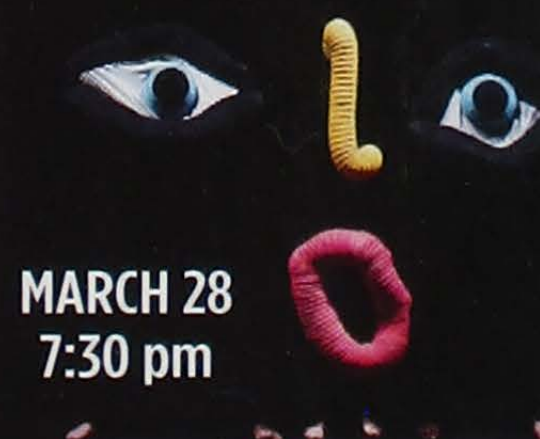
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# *The Heart of a Mother*

*“Children are living messages we send to a time we will not see.”*  
 ~ John Whitehead

BY KAREN SCHWALLER  
 Contributing writer

I’ve read that message many times, always thinking about my own children, and how (if things work the way nature intended) I will not be here with them someday.

I heard once that you don’t raise your children to keep them. I also heard from a wise and wonderful Hospice nurse (as my

mother-in-law was less than an hour away from meeting Jesus) that we raise our children so they will not need us anymore.

I knew what she was saying, but it really struck something in me.

Mothers are amazing creatures. They play the hand they’re dealt, and it’s not always the hand they anticipated. But mothers invented the poker face, and they just keep going.



One of our neighbors told me that a friend of hers gave birth to six boys in seven years.

"No one was happy to see us come," said that mother to her friend, who chuckled as she was sharing it with me. We can laugh about it, but imagine being that mother. Surely there is a special place for her in some heaven that exists for mothers of a live-in Cub Scout troop.

We owe our mothers a debt of gratitude — not only for the obvious reasons, but also for keeping us kids from killing each other when we weren't getting along. It worked out great because when we grew up, we still had our siblings to be our best friends. Mom knew.

But life has a funny way of changing the way we look at the people who are most important to us. Like our mothers.

My relationship with my mother (now 81) was pretty typical for all of my life, until she was struck with cancer in her late 70s. I saw my mother — who pushed herself to get through a lot of ups and downs in her life (including the divorce of her parents when she was growing up) rise to this occasion, too. She didn't debate over what to do — she said, "Let's get this going."

It was hard to go to a hospital oncology floor to visit her, to see her feeling weak, and often puffy from her medications. She lost much of her hair and didn't feel very good or very pretty — but you have to hand it to a mother who can maintain a sense of calm and humor when life — as she knew it — goes AWOL.

One day a lab technician came in to

draw some blood — for the gazillionth time since her long stay there began. She asked if she could use a particular arm, to which my mother replied, "Well — you can, but I think all that's left in there is grape juice."

Once when a nurse was administering chemotherapy, she hooked up a small vial to the tubing and said, "I'm sorry, but this is the one that makes you lose your hair." My mother just smiled and said, "That's okay. What's left doesn't amount to much anyway."

One day as she walked slowly down the hallway with her walker, hunched over and wearing a red hat to announce both her independence and her sense of humor, I could see how much I admired my mother's strength, courage and fortitude to move ahead with something so big, so worrisome and so complex. And at her age.

I was still learning from her.

I would always need my mother. Mom and Dad raised me not to need them when I got old enough to take care of myself — but the heart says there are so many other reasons to need our parents after we're grown.

There are no strings as strong — or as weak — as heartstrings. I know my mother will not be with me someday, but she will live on through me, through my children — and they will proceed into a time that neither she — nor I — will see. They will be living messages from me... from her, and from her mother.

The heart has a couple of pretty important jobs — to beat continuously, and to govern us in the ways that make life worth living. And it all began for us, with the heart of our mother.

*I would always need my mother. Mom and Dad raised me not to need them when I got old enough to take care of myself — but the heart says there are so many other reasons to need our parents after we're grown.*





# Ask Mr. Dad: Becoming a good role model

BY ARMIN BROTT, Tribune News Service

## Dear Mr. Dad:

People are constantly talking about how parents should be good role models for their kids, and that makes good sense to me. But everywhere I look, I see parents behaving in horrible ways. Maybe I'm confused about what "good role model" really means. What are good role models supposed to do?



**A**. We all know that our kids are watching our every move (even when they're ignoring us). And most of us have banished the phrase "do as I say, not as I do" from our vocabulary. So there's no question that what we do is important and that our behavior can have a big influence on how our children will turn out as adults. But for me, setting a good example is much more about the being than the doing.

If you want your child to be an ethical person, treat others (and themselves) with respect, and make the right choices even if they're not the easy ones, you'll have to do more than demonstrate behavior. You'll have to talk about the issues and point out examples of good — and bad — behavior around you, and in movies, TV shows, and books. And you'll need to discuss with your child why people make the choices they do and what your child would have done instead. The goal is to lead your child to a point where he or she will make good choices even when you're not there.

That said, being a role model isn't all in your head, and how you behave is still important. Here are a few ideas:

**Take Care of Yourself, Inside and Out.** That means making sure that you eat healthy meals and help your kids do the same. If they see you eating candy bars and bacon all the time, that's what they'll eat, too. Taking care of yourself also means getting enough exercise. You can't sit on the couch watching TV and complain that the kids need to be more active. Make working out a family activity.

**Be Tolerant.** Unfortunately, we're living in a

world where too many people think that killing others is the right way to resolve differences of opinion. Take advantage of the incessant news coverage to talk about tolerance and acceptance of other people's beliefs and lifestyles.

#### Don't Bully.

We also live in a world where being mean is not only accepted, but encouraged. So many reality TV shows (including cooking shows) are filled with people doing or saying the nastiest, most hurtful things to each other or about each other. It's no wonder that bullying — in person and in cyber form — is rampant. Many of us engage in bullying behavior without even realizing it. That mean-spirited (as opposed to playful) teasing of your spouse? Bullying. Yelling at a waitress for not getting your order right? Bullying. Kids pick up on these things very easily, and then re-play them in their own lives.

#### Help Others.

No matter how bad your situation is, chances are there's someone out there who's worse off. A lot of people donate food and clothing or volunteer at homeless shelters around Thanksgiving and Christmas. But people are cold and hungry the other 363 days of the year, too.

#### Take Care of the Planet.

You don't have to buy a hybrid or an electric car. Little things, like recycling and turning off the shower while you're soaping up, can make a big difference.

#### Spend Wisely.

When appropriate, talk with your kids about money, budgeting, and the importance of not spending beyond your means and getting into debt.

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CULTIVATE

# Winter Re-Leaf

BY JAN RIGGENBACH  
Contributing writer

**P**lanting seeds indoors in winter is one of my favorite activities. As soon as I get my hands in a little soil in February, it seems like spring can't be far away. And seeing the little seedlings pop up fills my heart with joy that I look forward to every year.

Over the years, I've tried dozens of different seed-starting products, some fancy and expensive, some plain and cheap. And guess what: I've concluded that the easiest method of all is to use little recycled newspaper pots I make myself.

One of the reasons I like newspaper pots is that I start fresh every year, rather than having to scrub last year's containers in chlorine bleach before replanting. And I can easily make whatever size I need, large or small, for nothing more than the cost of four staples per pot.



*Little seedlings popping up indoors in February fills a gardener's heart with joy. Photo by Jan Rigenbach*



When it's time to transplant the seedlings outdoors, there's no need to remove the plants from their pots. The roots grow easily through the wet newspaper, so there's no transplant shock.

Making the pots is easy. It always reminds me of making May baskets in kindergarten. Here's how:

For a 3-inch pot, cut three layers of newspaper 9 inches square. Fold the stack in thirds, like a letter, and unfold. Then fold the stack into thirds in the other direction. Unfold again. (Your 9-inch-square will now have fold-lines dividing it into nine small squares.)

Make a diagonal cut from each corner of the big square, through the small square on each corner. Then fold up the square on the fold lines and overlap the corners. Staple the pot on each side.

For smaller pots, simply start with a smaller square of newspaper.

Making the pots is actually easier than it sounds. I usually make a batch while

listening to music or talk-radio.

When it comes to choosing soil for starting seeds, I don't like to skim. It's worth the cost of buying a sterile, light-weight, not-too-rich medium especially formulated for growing seedlings. With a quality product such as Mosser Lee NoDampOff, Organic Mechanics Seed Starting Blend, or Espoma Organic Seed Starter Mix, you can easily grow healthy, disease-free plants.

After filling the pots with soil, I put them on a tray lined with a thick layer of newspapers. This liner absorbs excess water and gives it back to the plants as they need it.

A heat mat under the tray helps the seeds sprout faster.

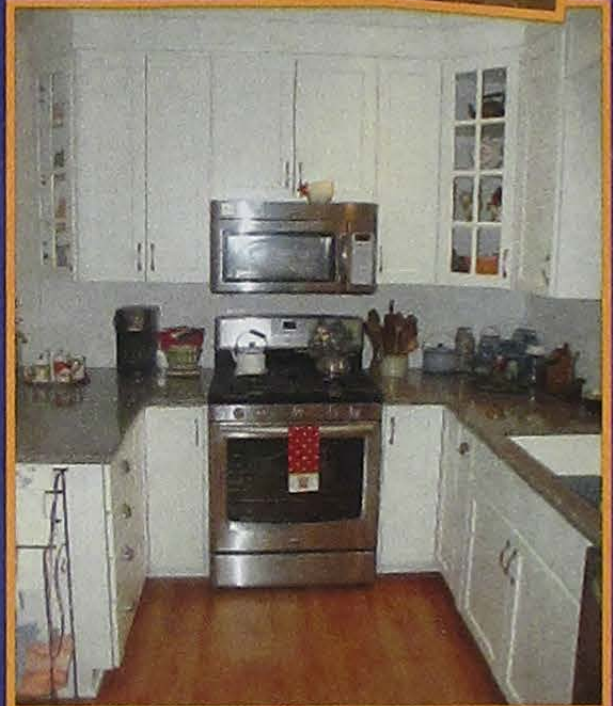
For the bright light seedlings need after they sprout, a sunny window will do. A fluorescent light suspended just a few inches above the seedlings is even better.



A tray of paper pots being prepared for seedlings.  
Photo by Jan Riegenbach

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# A KICK START TO GOOD HEALTH

BY TODD BURRAS  
Contributing writer

I used to be the early riser in the family but no longer. It's dark outside when my wife gets up in the morning. Really dark. Dark like in late December it was another three hours until the sun began showing itself.

Stephanie is not by nature an early riser. Not in the least. But on nearly every week day and most Saturdays for the last five months she has faithfully climbed out of bed in the dead of night, slipped on a baggy T-shirt, spandex pants and tennis shoes and driven across Ames to a strip

mall on East Lincoln Way where she's met a group of more early-risers.

There at the Farrell's Extreme Body-shaping center 20 to 30 participants enter a balmy fitness room between 5 and 5:15 a.m. and, after a time of jumping jacks, situps, pushups and stretching, they begin punching and kicking the tar out of each other.

Well, not exactly.

But they do box. Kickbox to be precise. And while they don't actually kick or punch one another, they do use their feet and fists (covered by boxing gloves) to pound on giant punching bags.

Stephanie, who's an office manager for

a farm real estate company, got involved because she "wanted to do something to jump start my body, to feel better and have more energy."

She also did it because her lifelong friend Nicole Patton told her she was going to do it and she needed someone else to hold her accountable.

"I needed to lose weight and wanted to gain some muscle definition," said Nicole, who lives in Story City and works as an instructional coach at Heartland Area Education Agency in Johnston. "Kickboxing looked like it might work, but I needed someone else to go with me."



The Farrell's Extreme Body-shaping 5:15 a.m. kickboxing group. Photo contributed by Angie Gurwell.



Stephanie wound up being that person.

But as is probably true with most new endeavors, both women felt a little trepidation entering a workout world they knew little about.

"I was worried about not being able to keep up and looking fat next to everyone else," Nicole said.

"I had never done kickboxing before so I had no idea what it would be like so that was a little intimidating," Stephanie said. "But once I got there I found out there was nothing to worry about. Each person enters at their own ability level and there's no pressure."

Here's how it works.

Upon joining a 10-week challenge, each participant is weighed and measured and undergoes a one-mile time trial.

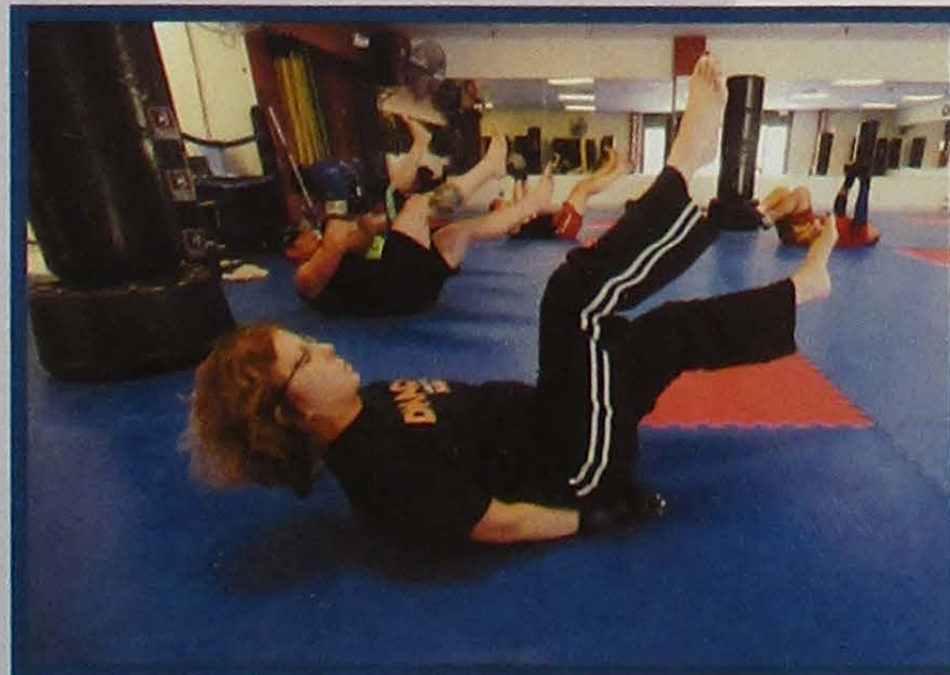
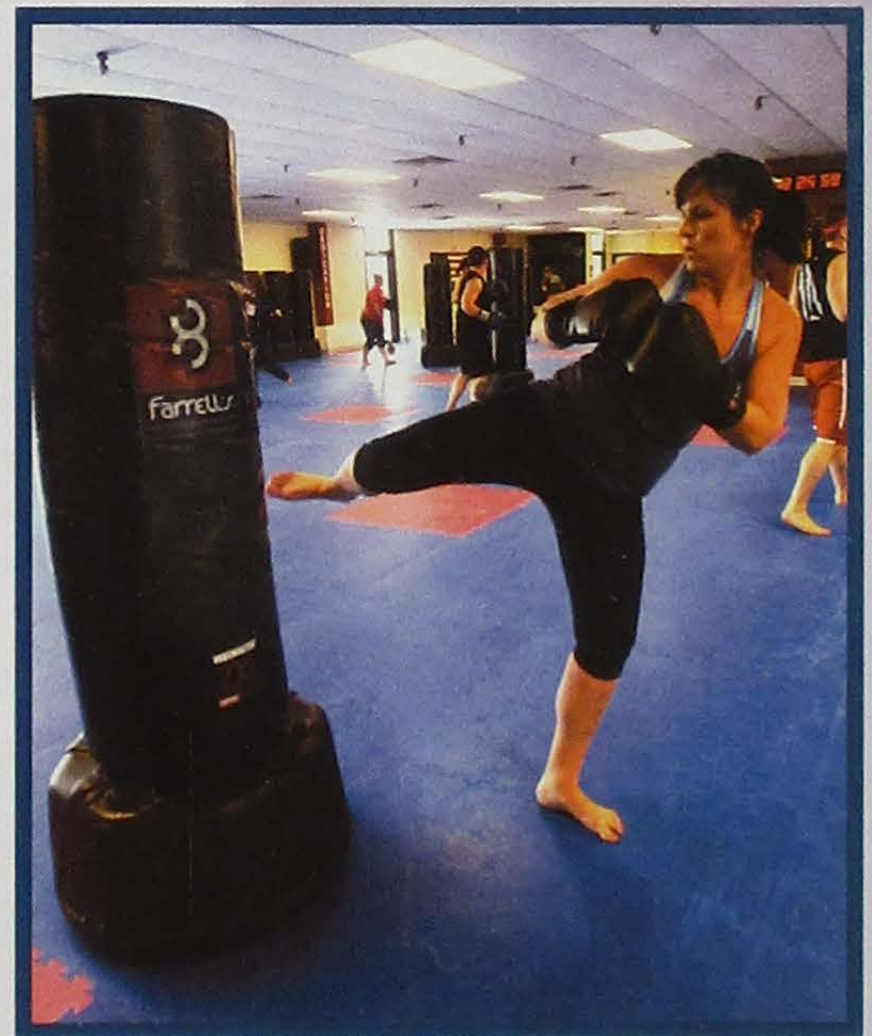
On Monday, Wednesday and Friday, the group, with the aid of a coach or coaches, goes through a series of kickboxing drills. The upper drills include throwing jabs, crosses and hooks, plus variations of all these. The lower body drills vary from roundhouse kicks, switch foot roundhouses, front kicks, side kicks and squats. On Tuesday and Thursday, participants use elastic bands to work on strengthening their upper and lower body muscle groups, and on Saturday they do both cardio (kickboxing) and strength conditioning (bands).

After completing five weeks and at the end of the 10-week challenge session, participants are again weighed, measured and complete a one-mile time trial. If they want, they continue on with the program, which offers numerous classes both in the morning, afternoon and evening.

Done consistently over time, the effects on a participant's body, and mind for that matter, can be dramatic. Lost inches and pounds are just the beginning. Improved cardio-vascular endurance, strength and improved muscle tone are common.

"The health benefits have been tremendous, and I like the idea that I can complete my full workout in 45 minutes," said Judy Rudman, a clinical psychologist who lives in Ames and has been kickboxing for seven years.

KICKBOXING, page 14



(From top) Nikowah Okland, right, Elizabeth Sally-Thomas, Sarah Riley and Coralie Lashbrook all participate in a Farrell's Extreme Body-shaping afternoon kickboxing session. Photo by Nirmalendu Majumdar/Ames Tribune



Pushing yourself in class and seeing how you grow in strength and power definitely increases your internal sense of strength and confidence in who you are and what you can accomplish.

KICKBOXING Continued from page 13

"My cholesterol was high and is now within normal limits, my blood pressure and heart rate are nice and low (my doctor tells me I have the heart rate of a sea turtle and should live to 100), and I am toned and, best of all, strong!"

Kelly Banning, who lives in Ames and has been kickboxing for two years, agreed.

"I'm stronger, leaner and have improved my cardio endurance," she said.

While Stephanie and Nicole have both enjoyed similar physical improvements to their bodies, both women expressed significant

gains to their mental health, as well.

"I feel great physically and mentally," Stephanie said.

"There's a real high when you work hard, get your heart rate up and sweat bullets. I have so much more energy and I am much stronger than I was before. I have a more positive outlook on everything in my life as a result."

"There's a feeling of accomplishment I've gained from doing this and it translates into feeling confident in everyday life," Nicole said.

"Plus, I'm fitting into clothes I never thought I would wear again!"

Rudman, who is now a kickboxing coach, said such feelings are common for participants.

"Pushing yourself in class and seeing how you grow in strength and power definitely increases your internal sense of strength and confidence in who you are and what you can accomplish," she said.

One of the benefits of a group activity like kickboxing for those looking for a way to get in shape is the sense of community that all four women say exists at their workouts.

"Five-fifteen a.m. is the only time that works in my schedule to workout," said Banning, who's a recruitment coordinator for Care Initiatives and commutes to West Des Moines weekdays for work. "It was hard at first but it is now an addiction. I can tell a big difference when I miss a class that I am more sluggish throughout the day.

Plus we have a great group and we try to have fun. We work hard and play hard and help push each other in class."

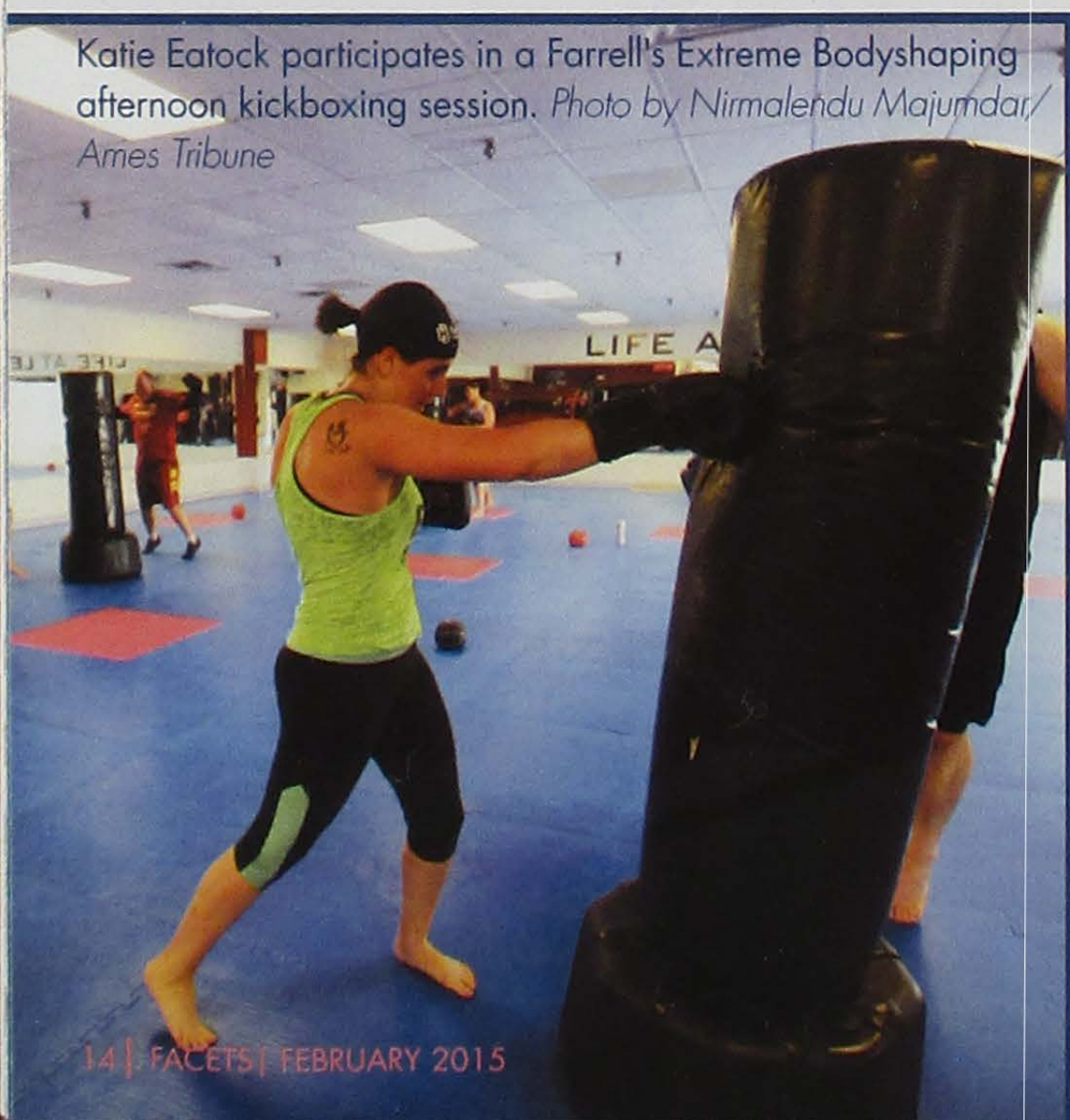
It's that aspect of being part of a larger group that helps when the alarm clock goes off in the middle of the night.

"Knowing I have an accountability partner in Steph is a great benefit," Nicole said. "Now, as time has gone on, that individual accountability has really grown into an accountability group. It's kind of a workout family."

For Stephanie, the experience has been much the same.

"There are some days I don't feel like getting up and going and it's a challenge to push through and go any way," she said. "But there's a great deal of camaraderie we share as a group, and once I get there and do the workout it gives me a real boost for the rest of the day."

Katie Eatock participates in a Farrell's Extreme Bodyshaping afternoon kickboxing session. Photo by Nirmalendu Majumdar/  
Ames Tribune



Now, as time has gone on, that individual accountability has really grown into an accountability group. It's kind of a workout family.



# Yuma offers yummy winter escape

BY MYSCA THERIAULT  
Tribune News Service

Nestled in the far southwestern corner of the United States, near the Mexican border, lies the mid-sized burg of Yuma, Ariz. While it can get a bit hot for even the most devoted local during the summer months, winter brings pleasant weather, an abundance of Canadian medical tourists and a chance to sample local produce from the town that supplies a significant amount of North America's winter salad greens. Whether you're headed down for a few months in an RV or taking a road trip from Phoenix or San Diego, there are a few experiences you'll want to make room for in your vacation schedule.

## Attractions:

No visit to this part of the country is complete without a visit to the Yuma Territorial Prison State Park. As a filming location for a number of movies, it's likely the most well known area attraction and provides an authentic peek back in time to when this part of the continent was still being settled. Getting a tour of the museum exhibits and original prisoner cells is definitely worth the stop. If you have time, climb the tower afterwards for an elevated look at the river and mountain views. Adult tickets are only six bucks, with plenty of free parking for large vehicles.

History buffs will also find the Yuma Quartermaster Depot State Park of note. As the site that supplied all of the Southwest outposts as far back as 1864, it has certainly earned its park status. Part of a national heritage area, this 10-acre park is only \$2 to visit and contains some of Arizona's most well-preserved buildings. There are plenty of artifacts to view, along with a detailed exhibit on the engineering efforts that originally brought water to the valley by diverting it under the Colorado River.

Just across the California state line on the other side of the river, you'll find the Imperial Sand Dunes National Recreation Area. Off-road enthusiasts and film fans who have some extra time to spend will find the \$50 week-long permits worth the splurge. The area has been a movie location since the early 1900s, with more recent cinema projects including

such titles as "Star Wars," as well as "Jar Head" and "Scorpion King."

## Appetites:

For a hearty brunch in an outdoor oasis, make your way to the Garden Cafe. Terraced seating, lush plant life and umbrella-covered tables serve as the backdrop to hearty menu items accessible for between \$8 and \$10 a pop. Swedish oatmeal pancakes with berries, vegetarian quiches and scrambled eggs with tortillas, country potatoes and salsa are all available for those who prefer meatless meals.

Surprisingly enough, you can actually find authentic German fare this close to the Mexican border. Das Bratwurst Haus offers imported beer and Bavarian goodies served by costumed staff. While it's largely about the schnitzel here, vegetarians can enjoy a number of their \$3 sides as a snack. The \$6 potato pancake appetizer is also worth a try.

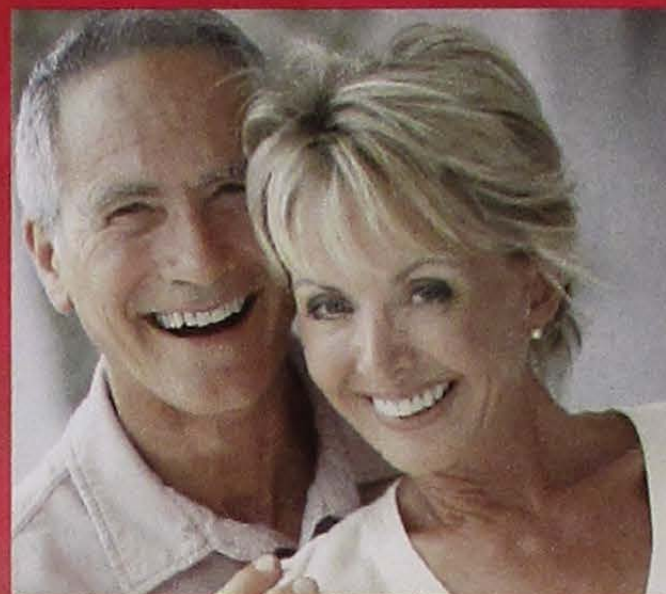
## Activities:

With date farms dominating such a significant part of the landscape, Yuma offers Americans a chance to taste a bit of the Middle East while remaining much closer to home. Several of the farms boast gift and snack shops for visitors, grove tours and the chance to try a date milkshake. A favorite local delicacy costing from \$3 to \$5, it's a tasty way to cool off after an afternoon in the sun.

Riverfront beach access and walking trails offer a free way to enjoy the reclaimed waterfront space and all the wildlife the project has attracted back to the area. When you've worked up a thirst, make your way to the historic downtown area to enjoy a little bar hopping. Not far from Lutes Casino, you'll find a fun little stretch of Yuma proper that offers everything from great dive bars to options for the wine-tasting crowd.

Prison Hill Brewing Company, for example, has a great urban loft vibe to go with its microbrews and pub grub. The back garden is pretty mod as well, and provides easy access to parking. Yuma's Main Squeeze is a casual downtown winery offering \$5 tastings, along with a variety of hummus, date, olive and cheese appetizers for less than 10 bucks.

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# Expo lives on in San Diego's Balboa Park

BY CHRISTOPHER REYNOLDS  
Los Angeles Times

**S**AN DIEGO — If you'd visited San Diego's Balboa Park in the last 79 years to climb the handsome California Tower and look for reminders of 1915 — well, never mind. You couldn't.

Although the tower is the park's most widely visible structure — and its most

obvious artifact from the 1915 Panama-California Exposition — its interior was closed to the public in the 1930s for reasons that are no longer clear. But now, as San Diego celebrates the expo's centennial, the 200-foot-high tower is open again (to paying customers).

And even if you don't sign up for the climb, you'll see reminders of 1915 throughout the park's core area.

Variable color floodlights illuminate The Botanical Building, built for the 1915 Panama-California Exposition, at the end of the reflecting pond in San Diego's Balboa Park. Photo by Don Bartletti/Los Angeles Times/TNS





The Casa del Prado along the El Prado pedestrian promenade in San Diego's Balboa Park features extensive cast concrete ornamentation in the Spanish Colonial Revival Style. Photo by Don Bartletti/Los Angeles Times/TNS

### Some highlights:

The California Building (which includes the tower) was the centerpiece of the 1915 expo, and its exterior has become emblematic of the city. Its interior is home to the Museum of Man (special exhibitions in 2015: monsters, beer and instruments of torture). The building features a colorful tiled dome, an elaborately ornamented facade and St. Francis Chapel, a nondenominational chapel that's mostly used for weddings. As for the tower, daily 40-minute tours (weather permitting) started Jan. 1. Museum admission is \$12.50 for adults, plus \$10 for the tower tour. Info: [www.california-tower.org](http://www.california-tower.org).

The Botanical Building is a domed indoor-outdoor temple of redwood lath, fronted and reflected by a stately lily pond. The gardens inside feature cycads, ferns, orchids, palms and scores of other tropical plants. It's free, but it's closed Thursdays and holidays. (Among its neighbors: the San Diego Museum of Art, which looks like an expo building but isn't; and the Timken Museum, which looks like a Modernist interloper from 1965 and is.)

The buildings now known as the Casa de Balboa, the Casa del Prado and the House of Charm went up along the Prado promenade in 1915 as temporary structures, mostly of wood and plaster. They were supposed to be leveled soon after the fair closed. But people kept finding reasons to keep them (including another expo in 1935). Since 1967, a group called the Committee of One Hundred has

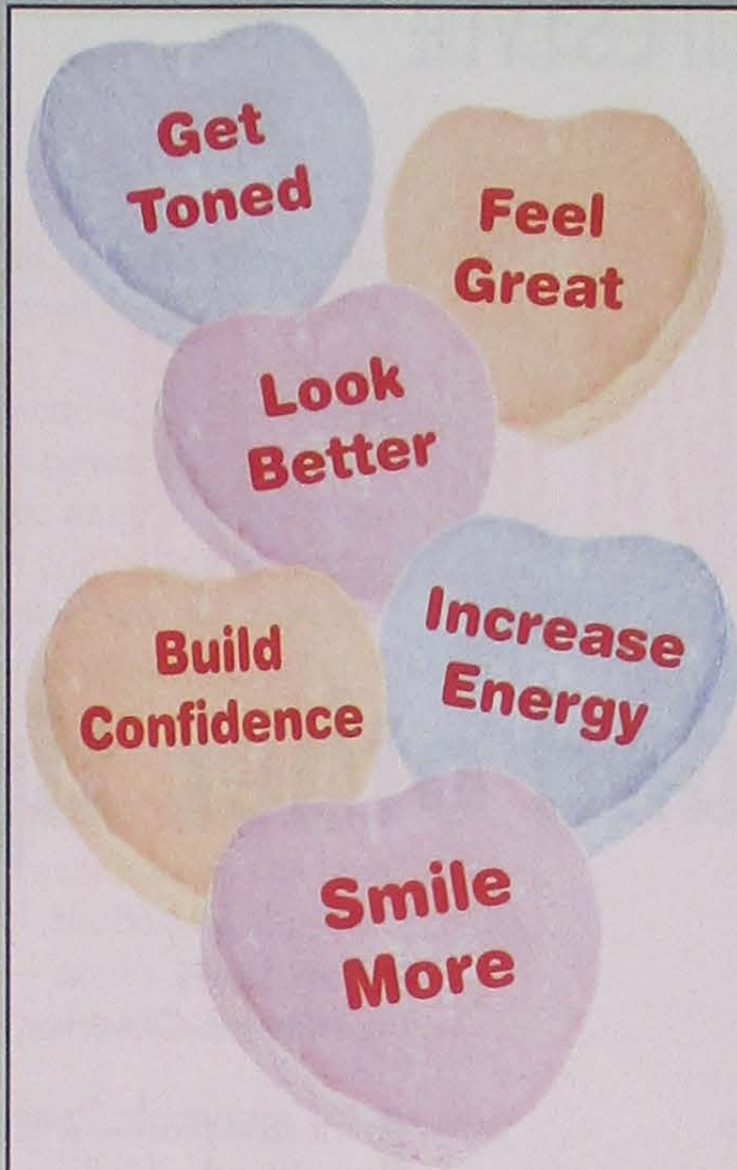
raised funds and support for their reconstruction. Now, with the House of Hospitality, they house dozens of cultural enterprises, including the Museum of Photographic Arts; a model railroad museum; youth performing arts organizations; the Mingei International Museum, which focuses on folk art; a visitor center; and the park's premier restaurant, the Prado, whose cuisine might be described as "global eclectic."

The San Diego History Center (in the Casa de Balboa) has organized two exhibitions: "San Diego Invites the World: The 1915 Expo," to run Jan. 31, 2015, to March 31, 2016; and "Masterworks: Art of the Exposition Era," to run Jan. 16, 2015, to Jan. 3, 2016. The center is also screening a 30-minute documentary, "Balboa Park: The Jewel of San Diego," usually at 11 a.m. and 1 and 3 p.m. daily. Call (619) 232-6203 to be sure.

The Spreckels Organ Pavilion includes the Spreckels Organ, one of the world's largest outdoor organs, with 4,530 pipes. At 2 p.m. every Sunday, there's a free hourlong organ concert. Just about any time, the pavilion's seats give you a chance to sit and relax.

Cabrillo Bridge, designed as the expo's grand entrance, is a concrete span of seven arches over Cabrillo Canyon and California 163. It was closed to cars for seismic upgrades and other repairs in early 2014, but is now open to pedestrians, cyclists and cars approaching from the west on Laurel Street.

For more about centennial events: [www.balboapark.org](http://www.balboapark.org).



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# Wash those Legos, and other tips for better living in 2015

BY THE STAFF

The News & Observer, Raleigh, N.C.

**I**t's a new year — with so much promise and so much to do. Here are some ways to make life easier and solve the little problems that crop up around your home and garden this year.

## **Replace the light over your garage door:**

Choose a bigger, brighter fixture. Garage lighting is often undersized, because builders spend lighting dollars elsewhere. A larger fixture outside over the garage door will enhance your home's appearance — and you'll appreciate the extra light every time you arrive home after dark. <http://nando.com/pv>

## **Start trolling consignment antique stores:**

You find great used stuff that's cheaper and better than many new products. Like vintage Christmas decorations? You'll score big time.

**Beat bugs:** Have an ant problem? This Old House magazine suggests spreading cinnamon across the path where they're entering the room. They'll avoid it like the plague.

**Show, don't tell:** Have a small repair job that's hard to describe to staff at home stores? Snap a photo with your phone and show it to them. A picture is worth, well, you know ...

**Shop museum stores:** From books to jewelry to one-of-a-kind art and crafts, unusual decor and gift items aplenty are to be found in museum shops — and many times shopping is tax free! 1000Museums.com is a good starting place, with links to merchandise from museums around the world.

**Create an outbox and use it:** Find a spot where you can stash stuff you might want to get rid of, suggests Apartment Therapy's Maxwell Ryan in Good Housekeeping magazine, then ask yourself: Do I love it? Do I use it? Does my home need it? If any answer is "no," place the item in the outbox for a week. After that, decide whether to keep it or get rid of it. Still unsure? Wait one more week. Once your separation anxiety has passed, it's easy to clear out a space, Maxwell says.

**Protect your lawnmower:** Want to avoid that expensive spring lawnmower tune-up? Invest a few dollars on a spray can of starting fluid. Squirt a few spritzes into the carburetor when you wheel your mower out in the spring, and it should start on the first pull. (Eliminates that trip to the shop — and saves your aching back, too.) Starting fluid is less than \$5 from makers such as Gunk, Gumout and Valvoline.



**Add pops of color:** Fabric baskets, like throw pillows, are a quick way to add splashes of color to any room. They're affordable and easy to replace when you want a change. And they're handy, too, for stashing everything from magazines to the kids' toys. See an amazing array at <http://nando.com/q3>.

**Upholster a door:** Charlotte, N.C., designer Gray Walker tells Southern Living magazine that doors decked out in fabric and trim — say leather and rivets, for instance — are making a comeback. "Upholstery upgrades doors to a furniture-like status that's really beautiful," she says.

**Get discounts on meat:** Many supermarkets discount their meat late in the evening, says Womansday.com. Ask at the meat counter what time the manager makes markdowns.

**Save the box:** If you're updating your lighting or your bath hardware, save the box and use a section to create a cardboard template. When mounting an overhead fluorescent light fixture, for instance, cut a piece of cardboard the size of the fixture, then poke holes through the cardboard that line up with the mounting holes on the fixture. Use painter's tape to mount the cardboard to the ceiling. Then you'll know exactly where to mark the spots for drilling holes for plastic anchors or toggle bolts.

**Keep Legos clean:** Put Lego pieces in a mesh laundry bag, zip it closed and toss into the washing machine full of hot water and a bit of soap, says the toddler-mom who blogs

at [Gettinby.wordpress.com](http://Gettinby.wordpress.com). When the cycle is over, spread Legos on a towel to dry.

**Get handier:** If you're semi-handy and want to get better, buy one new power tool a year. Black Friday is a great time to get a quality item at a good price. And once you have a tool, you'll find a way to use it. This year, we got a great hammer drill for \$50. If you own a home, you'll need one for drilling into brick or concrete.

**Bring an outdoor rug inside:** Many designs are a good fit for today's casual decor and have the look and softness of cloth. Best of all, you can just wipe — or hose — stains away, making them ideal for a playroom or breakfast nook.

**Wash those "tiger stripe" aluminum gutters:** Your gutters are probably the dirtiest, dingiest surface on your home's exterior. So, if you wash just the gutters, your whole house will look better! Krud Kutter makes a gutter wash that gets decent reviews. It's about \$12 for 32 ounces. Be sure to read and follow directions. Some homeowners swear by whitewall tire cleaner, too.

**Clean a splattered, stained cook top:** As soon as the stove has cooled enough to touch, wipe away the mess. Cover dried-on spills with a wet, soapy dish cloth and let it sit, then use the cloth to wipe up the softened spill, Real Simple magazine recommends. For stubborn, neglected messes, make a paste of 3 parts baking soda to 1 part water. Apply to the spill, leave on for 10 minutes, and wipe away with a damp paper towel. You can also use a nonabrasive cleanser.

TIPS, page 23

## Use free home improvement advice:

**Thinking about tackling an intimidating home repair? Start Googling videos. You'll learn a lot. Still need advice?**

**On a slow weekday off, go to a home improvement store. You'll find many people working the floor who are former**

**contractors and know how to get the job done. They may offer a solution that's easier than the one you had in mind.**





## Fight pet hair:

Always shake clothing (preferably outside) before tossing it in the wash, [FamilyCircle.com](http://FamilyCircle.com) recommends, and add a couple of yards of nylon net to your dryer to catch pet fuzz. You can use each piece several times.



Paint the railings when you paint your front door. For iron railings, use a wire brush to remove loose rust, coat with rusty metal primer, then finish with a coat of oil-based enamel. For a little more sparkle at your bright new entry, choose the semigloss finish instead of flat. [rustoleum.com](http://rustoleum.com)

TIPS, Continued from page 21

**Add an overhead garage shelf for more storage:** These innovative devices hang from the ceiling; if your garage ceiling is high enough, you might be able to hang one in the space above the open garage door. Prices start at about \$60.

**Grill on the cheap:** Use a lot of charcoal for grilling? Big box stores have huge markdowns around Memorial and Labor Day. And if you use a Weber kettle, invest in a hinged grill that lets you adjust the coals and drop in smoking wood more easily. Watch for year-end markdowns on charcoal as well.

**Keep it clean:** Real estate agents say dirty, smudged light switch covers are a real turnoff for buyers. (Sorry — couldn't resist.) Clean or replace switch or receptacle covers. Experiment with a different color. Crisp white adds a designer touch. Switch and receptacle covers come in different sizes, too, so you might want to check out larger covers.

**Add new curtain rods:** Especially, Houzz.com says, if you update other hardware such as door and cabinet knobs. Replace simple brass rods with, say, bronze or brushed nickel. Choose something more sculptural, more dramatic. Or go outside-the-box creative and try something like re-purposed electrical conduit or a gnarly tree branch.

**Spray it:** If you can spray paint something instead of using a can and brush, do it. It's faster and

easier. If you don't have a can of stain-blocking primer, get one.

**Restore a scratched wooden table:** Dip a soft cloth into a mixture of  $\frac{1}{2}$  cup vinegar and  $\frac{1}{2}$  cup olive oil and rub it onto the wood. The bloggers at Domestic Bliss Squared say scratches will disappear!

**Update a light fixture:** Transform an old brass light fixture or table lamp with Krylon's oil-rubbed bronze spray paint. (Or hammered metal or stone texture spray. You're limited only by your imagination.) Just clean the metal well, and follow the instructions on the can.

**Freshen your entryway:** Paint the railings when you paint your front door. For iron railings, use a wire brush to remove loose rust, coat with rusty metal primer, then finish with a coat of oil-based enamel. For a little more sparkle at your bright new entry, choose the semigloss finish instead of flat. [rustoleum.com](http://rustoleum.com)

**Get kids' toys out of the tub:** Position a tension-type shower rod about 12 inches above the tub, next to the wall. Use hooks or ties to attach ventilated plastic baskets to the rod to stash bath toys. Rubber duckies, tub crayons and other toys will drip-dry between baths and be out of the way.

(Compiled by staff writers Carole Tanzer Miller, Brooke Cain and Roland Wilkerson and correspondents Allen Norwood and Joyce Clark Hicks.)



# Getting acquainted with new beauty products

**W**hat's new in 2015? This time each year beauty industry manufacturers introduce new products and lots of education for licensed hair, skin and nail professionals.

If you visit a Chi salon, ask about Chi Escape, a cordless styling iron from Farouk Shami, the creator of the brand that makes BioSilk and Chi hair care products and hot tools manufactured in Texas. He is a Palestinian born American who came to the U.S. with \$71 in his pocket, became a licensed cosmetologist and created a hair color line with no ammonia because he was allergic to the available lines.

If you frequent a salon that uses and sells Redken products be sure to ask your professional stylist about the 2015 Redken Symposium, the world's largest educational event held in odd years in Las Vegas. Stylists return after three days of exciting classes and entertainment. They experience classes on cutting, color, design, and all Redken's new products as well as business classes.

You may not know George Schaeffer by name but you know his first successful product line, OPI. Just when we thought George had retired he created a new color line, Aloxxi, and local business The Salon not only uses the line but is featured in its professional ad in Modern Salon magazine.

Joshua Duchene, owner at The Salon, is quoted saying "Our clients get so excited then we tell them their Color Personality, whether it be Blonde Bambino, Sicilian Siren

or Don't Prosciutto the Messenger. Once they know their Color Personality they ask for it by name! And there is no better feeling than knowing your whole staff loves and stands behind a product."



MARY CLARE  
LOKKEN

Speaking of OPI, co-founder and brand ambassador, Suzi Weiss-Fischmann, who creates those enticing nail polish names like I'm Not Really a Waitress Red has gone "grey" over the movie release of Fifty Shades of Grey with new nail colors including My Silk Tie, Romantically Involved (actually a red), Dark Side of the Mood, Shine for Me, Cement the Deal and Embrace the Gray.

Winter White used to mean a white wool fabric you could wear year round with just a touch of warm or cool to keep it from being summer white. Well this winter, winter white means a hair color that William DeRidder of Bruges, Belgium, created for his Frozen collection of winter white blondes. Not a shade of gray hair but a bright white blonde for the young and young-at-heart.

And your salon professional may be returning from another top educational event, the Long Beach International Salon and Spa Expo in California the end of January. Sponsored by the beauty industry's professional association this show features educators from a wide variety of brands. Aimed at cosmetologists, barbers, estheticians and nail techs the show includes competitions in these categories.

Be beautiful in whatever way makes you feel great!



# Love and Money

**D**o you and your partner love to talk about money? If not, you are not alone. In fact, statistics indicate money is the most common issue couples disagree about.

## It is not about the money

Money is a vehicle to create the life you want. Money is not good or bad. Money does not make us happy or sad. Money is really an inanimate object. So conflict is not about money, it is about how we spend or save money and our expectations about money.

## Learn about your money history

What or who influenced your feelings and actions about money? Likely it is your family; do you use money as you learned in your family or have you adapted your own money philosophy?

I remember my dad saying "That's not necessary". I bristled at those words! Later in life I realized that was his family money history. He came from a hard working German family that had all the necessities and not many wants.

Today I hear his voice as I make decisions about purchases. "Is that necessary?" I never thought I would use the term, "Is it necessary"!

## When to talk about money and to your partner

When you first imagine

that you might have a long term relationship, begin to watch your partner's money habits and observe their family's money habits. You really won't have to be too intrusive; casual watching and listening tells more than any of us intend to tell about our habits.

When you know you have found your partner for life is the time to have a serious conversation about money habits and expectations. Here are ideas to start and expand the conversation:

- What money tasks you enjoy and which do you avoid?
- Do you balance your checking account each month?
- Are you a saver or spender
- How do you feel about credit cards?
- Would you be more likely to go out to eat often or save for a vacation?

I listed the topics in a very straight forward way. You may need to carefully ask the questions as part of a conversation. Some families never talk about money so the direct approach may not be your best option. A good place to begin is to talk about your own money decisions and how your family's method of handling money.

## Leave room to be individuals

Each of you should have an amount of money that is yours to spend as you want. No questions asked and no

need to share how you spend. You could spend it every month or you could save for an important purchase.

Share big money decisions. Determine an amount of money you will not spend without consulting with each other. This does not mean that ultimately you will always agree; it does mean that you will communicate about major purchases.

## Keys to success

- Communicate: One of the most effective ways to avoid money conflict is to talk about money.
- Be Willing to Change: Our natural tendency is to resist change. As a couple, decide on one financial change you will commit to working on together; set a deadline to implement your change.
- Know yourself: One obstacle to success is the difficulty of deferring mild gratification for something better in the future. Sometimes just asking the question: "Do I want to spend my money this way or would I rather save for ? (you fill in the blank) will help you reach important goals.

Hope some of these ideas help you communicate and manage your money. And as always, strive for progress not perfection. Because Life is More than Money.

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## Jam Crostata

Vegans eat dessert. Frozen puff pastry, available in the frozen foods section of most supermarkets, means you can make an impressively artisanal one with ease (and without animal products). Note: Ground flax seed is available at Whole Foods and many supermarkets.

### Makes 6 servings.

12 ounces seedless raspberry jam or your favorite jam  
 1 tablespoon fresh orange juice, orange flower water or orange liqueur (such as Grand Marnier)  
 1 sheet puff pastry (such as Pepperidge Farm), thawed and softened  
 About 1 tablespoon flour for rolling out pastry  
 2 tablespoons soy milk (unsweetened or vanilla)  
 2 teaspoons ground flax seed (also known as flax meal)

Heat oven to 400. Spoon jam into a medium saucepan and heat over medium heat. Stir in the orange juice, orange flower water or orange liqueur and continue stirring for about 4 to 5 minutes, or until mixture is syrupy and liquid is incorporated. Remove from heat and set aside.

On a lightly floured surface, gently roll out the sheet of puff pastry into a 12-inch round. It need not be perfectly round — the puff pastry is very forgiving. Spoon the jam into the center of the pastry. Using the back of a spoon or a pastry brush, spread into a smaller circle, leaving a 3-inch border of pastry uncovered. Fold the pastry loosely around the edge of the jam, leaving the center exposed.

In a small bowl, whisk together soy milk and ground flax seed. Using a pastry brush, paint the top and sides of the pastry with the soy milk mixture, especially at the pleats. Bake for 20 minutes, or until pastry is brown, puffed and flaky. Sprinkle with powdered sugar, if desired.

**Source:** Ellen Kanner for Edgy Veggie.

## The Edgy Veggie:

# Some of your favorite foods may be vegan

BY ELLEN KANNER  
 Miami Herald

**Y**ou've made your New Year's resolution to drop the December holiday pounds. You've pledged to eat better.

But it doesn't sound fun. And you're not sure what "better" means, anyway.

You're in luck — welcome to Veganuary, your free, monthlong, all-inclusive intro to plant-based eating.

Started last year in the UK, Veganuary is the brainchild of two animal-loving advocates who realize January is when we're most likely to make positive changes. Their website [veganuary.com](http://veganuary.com) encourages you to take a monthlong vegan pledge and gives you everything you need to succeed — recipes from rock-star vegan chefs, nutrition basics (yes, vegans get plenty of protein), dining out strategies and menu options.

Yet followers of the Standard American Diet (note the acronym, SAD) still ask, "What do I eat if I don't eat meat?" Cheer up — being vegan means giving up meat and dairy but keeping the pleasure. It turns out many of your favorite brand-name foods and drinks are vegan. They always have been. Check out PETA's list of "accidentally vegan" foods at [peta.org/living/food/accidentally-vegan](http://peta.org/living/food/accidentally-vegan).

We're talking Kraft Taco Bell Taco Dinner (14.9 ounces, \$3.09), Pepperidge Farm puff pastry sheets and shells (17.3 ounces, \$3.75), Kellogg's Pop-Tarts, blueberry and strawberry, unfrosted (14.7 ounces, \$2.55), Red Bull (contains caffeine and glucose but no bull or any other animal) (8.4 ounces, \$2.19) and dozens more, most available at your favorite supermarket. Caveat — just because they're plant-based doesn't mean they qualify as health food or will help whittle the waistline (think Doritos and Oreos). For that, both Veganuary and PETA's websites offer plenty of produce-packed recipes of every ethnicity and cuisine.

Traditionally, people go vegan for three reasons — personal health, protecting the environment and saving animals.

Now there's a fourth — vegan is tilting from fringe to fab, with more (and more delicious) vegan foods available in stores and restaurants, and the likes of John Salley, Jared Leto and Ellen (another vegan, the rich, blonde, famous one) on board. It's so hot, Bill Gates has invested some of his bazillions in vegan food start-ups.

Veganuary lets you in the club, too. So try it for a month. Take the pledge, pass the Pop-Tarts and have a happy, healthy Veganuary.



# Give your heart a workout

KECIA PLACE-FENCL, Contributing writer

**T**he American Heart Association recommends “at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week for adults” to improve overall cardiovascular health. There are many short and long term health and fitness benefits of raising your heart rate while exercising, such as weight loss, increased energy levels and improved overall health.

## Weight Management

Your body must produce energy to allow your muscles to contract during exercise. That energy comes from the calories you burn from stored carbohydrates and fat. Increasing the intensity at which you exercise allows you to burn more calories, so pick up the pace and periodically increase your heart rate to help you manage your weight and potentially lose those extra pounds you’ve been longing to shed.

## Burn More Fat

Exercising at a lower intensity allows you to work out for a longer period of time, but you burn fewer calories. Adding short bursts of increased intensity while exercising allows you to burn more calories, many of them coming from fat.

## Increases Metabolism

Metabolism is how your body converts calories into energy. This energy is used by every cell in your body for both everyday life functions as well as exercising. According to WebMD, “High-intensity exercise delivers a bigger, longer rise in resting metabolic rate than low or moderate-intensity workouts.” To tap into these benefits, include short bursts of increased heart rate in your aerobic activities or try a new fitness class at the gym.

## Builds Stamina

Stamina is referred to as how long you can sustain a particular activity, not how fast you

can get it done. Every time you exercise, you improve your stamina and should eventually be able to workout longer than you were previously able to. Incorporating short bursts of increased intensity during your aerobic exercises will help build your stamina, allowing you to sustain a particular activity for a longer duration.

## Improves Immune Health

According to Mayo Clinic, incorporating more aerobic activity into your exercise routine may leave you less susceptible to minor viral infections, which can help your resistance against the common cold and flu.

## Strengthens Your Heart

Increasing your heart rate during exercise helps strengthen the heart. A stronger heart does not have to pump as fast and is therefore more efficient in distributing blood throughout the body.

## Improves Mood

Exercise has been known to release endorphins, which can boost your mood. According to Mayo Clinic, increasing your heart rate “may ease gloominess associated with depression, reduce tension associated with anxiety and helps promote relaxation.”

With all of these benefits associated with raising your heart rate, it is time to put down this magazine and give your heart a workout!

*\*Before you begin any exercise routine, you should consult your doctor.*

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## Farro with Pistachios & Herbs

**Serves 10: about 2/3 cup each**

**Active: 35 min Total: 35 min**

### All you need

2 cups Hy-Vee farro  
4 cups water  
1 tsp kosher salt, divided  
2 tbsp plus ½ tsp Hy-Vee Select extra-virgin olive oil, divided  
1 large yellow onion, chopped  
2 cloves garlic, minced  
4 ounces salted, shelled pistachios (about 1 cup), toasted and chopped  
½ tsp freshly ground Hy-Vee pepper, divided  
½ cup chopped fresh parsley

### All you do

Combine farro, water and ¾ teaspoon salt in a large heavy saucepan and bring to a boil. Stir and reduce the heat to a simmer; cook, uncovered, until the farro is tender, 15 to 20 minutes.

Meanwhile, heat 2 tablespoons oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring, until translucent, 4 to 6 minutes. Remove from heat.

Combine pistachios, the remaining ½ teaspoon oil and ¼ teaspoon pepper in a large bowl; toss to combine.

Drain the farro and add to the bowl along with the onion mixture and parsley. Season with the remaining ¼ teaspoon salt and ¼ teaspoon pepper. Toss to combine.

**Nutrition per serving:** 220 calories; 9 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 31 g carbohydrate; 8 g protein; 5 g fiber; 163 mg sodium; 160 mg potassium.

**Source:** Adapted from Eating Well, Inc.

# Heart Disease...

## Women get it too

BY AMY CLARK  
Contributing writer

**H**eat disease is the leading cause of death among American women. In fact, more women die from heart disease than from all forms of cancer combined. It's important to be aware of the risk factors of heart disease. High blood pressure is a major risk factor for heart attacks and stroke. When blood pressure is too high, the heart works harder than it should. Other risk factors for developing heart disease include cigarette smoking, high blood cholesterol, overweight, physical inactivity and diabetes. The more risk factors that you have, the greater your risk. You can reduce your risk by following these steps.

### Know your numbers

When was the last time you had your blood pressure, cholesterol or triglyceride levels checked? Your Hy-Vee dietitians can help by providing a biometric screening. You would learn about the following numbers: total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides, glucose, waist circumference, body fat percent, height, weight, body mass index and blood pressure. Talk to your Hy-Vee dietitians to learn more information about this service.

### Aim for an overall healthy and balanced diet

■ Strive to fill half your plate full of fruits and vegetables. Include produce that is high in soluble fiber, including apples, bananas, berries, broccoli, cabbage, carrots, corn and oranges, to assist with cholesterol management.

■ Choose 3 ounces of whole-grain, high-fiber foods each day. Just a half-cup of cooked whole wheat pasta or brown rice is considered one ounce. And, one serving of 100% whole wheat bread is equivalent to one ounce. Experiment with ancient whole grains such as amaranth, kamut, millet and quinoa. Ask your Hy-Vee dietitians to learn more about these grains.

■ Plan a 3-2-2 protein pattern for the main meal — usually supper — each week. Plan to have lean meat or poultry (3 ounces)

three nights a week, omega-3-rich fish or seafood (3.5 ounces) two nights, and meatless meals two nights. Omega-3 fats, found in salmon, mackerel, tuna, lake trout and other oily fish, promote healthy cholesterol levels, reduce inflammation and help to maintain healthy arteries.

■ Incorporate four servings of nuts, seeds and legumes per week. A ¼-cup of nuts is equivalent to 24 almonds, six to eight Brazil nuts, 49 pistachios or 14 walnuts. For seeds, sprinkle two tablespoons of one of the following in your yogurt, on top of a salad or evening meal: chia seed, flax seed, pumpkin seeds or sunflower seeds. When choosing legumes, one serving is equivalent to ½ cup of lentils, beans (including soy) or peas. For peanuts, snack on 28 or measure out 2 tablespoons of peanut butter for one serving.

■ Minimize beverages and foods with added sugar to no more than 24 grams per day for women and 36 grams per day for men.

■ Reduce use of processed food; choose reduced-sodium or no-salt-added canned foods (beans, vegetables, tomatoes) and avoid adding salt to food. Low-sodium foods contain 140 mg sodium or less per serving.

### Aim for a healthy weight

Balance your calorie intake with your physical exercise. If you need to lose weight, take in fewer calories than you burn off. To maintain a healthy weight, balance the intake and output. Aim for 150 minutes per week of moderate intensity activity (30 minutes, five days per week) and choose activities that you enjoy, such as walking, biking, swimming or dancing. Your Ames Hy-Vee dietitians can help you determine your calorie needs when factoring your activity level.

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*

*Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.*





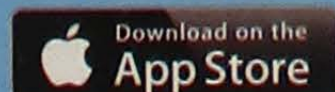
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## Name: Nicole Patton

**Age:** 42

**Position:** Instructional Coach for Heartland AEA

**Family:** Matt (husband) married for 20 years; Hannah 15, Rachel 12, Luke 9

### What would you do with \$1,000 to spend on yourself?

I'd have a hard time not buying things for the kids but if it was to be on me only probably new clothes. Maybe some new kitchen items.... and definitely pay for my year membership at Farrells.

### Your favorite meal:

Salmon!!!!

### Craziest fashion you ever wore:

Black pants with watermelon strips and suspenders.... Thought I was so cool at the time.

### I never leave home without:

In the morning I never leave home without a cup of coffee.

### Your favorite motto:

Place your hand over your heart. Feel that? That's called purpose, you're alive for a reason.

### What makes you feel confident?

When I set a goal and achieve it.

### Best tip to look and feel great:

Smile. It will reflect how people see you and how you see yourself.



Nicole Patton, left, and Stephanie Burras. *Contributed photo*

### If you could do or be anything you want, what would it be?

I want to go back to the North Shore and surf again!

### How do you reward yourself?

Little shopping trips.

### My simplest pleasure:

Cup of coffee and a great conversation.

### When I am an old lady:

I want to look back at my life and have no regrets or I wish I would ofs.

### Favorite wardrobe staple:

Tanks

## Name: Stephanie Burras

**Age:** 42

**Position:** Office Manager of a small real estate company.

**Family:** My husband Todd and I have been married for 21 years, exactly half of my lifetime! Our son,

Andrew is 15 and a Freshman at Ames High School. Our daughter, Elizabeth is 11 and a 5th grader at Fellows Elementary. My parents still live in Ames and Todd's folks live nearby, so it's great to be able to see them often.



## What would you do with \$1,000 to spend on yourself?

If I had to spend it on myself I would probably put it toward my wardrobe. I tend to put a lot of other things first and not spend a lot on myself. Therefore the closet could really use some help!

## Your favorite meal:

Probably Seafood Linguini Alfredo or Gnocchi with Basil infused Olive Oil and Parmesan. I am in full winter comfort-food mode.

## Your favorite motto:

Don't talk about it, JUST DO IT. This can apply to about anything in your life.

## What makes you happy?

When my kids want to talk to me, really talk, and tell me about what's going on in their lives.

## What makes you feel confident?

Stepping out of my comfort zone and trying something new, like taking up violin, raising bees and kickboxing. And fitting into my favorite skinny jeans.

## What makes you laugh?

My kids, they are both very funny.

## What have you accomplished that has made you proud?

Going back to school to work on my Accounting Degree 20

years after graduating from Iowa State - and getting the best grades of my life.

## Do you believe in New Year's resolutions?

## Do you have one this year?

Resolutions never really last, but I do think New Year's is a good time to set some goals or at least re-evaluate. This year my goal is to continue with the 5 a.m. kickboxing workout I started doing in the fall. And to spend more quality time with the kids and my husband. Sometimes we get so busy I forget to carve out time for each of them that's purposeful and fun.

## Best tip to look and feel great:

Exercise, get enough sleep and smile often!

## How do you take care of yourself financially?

Always pay all the bills first and then see what's left. I think it's critical to pay off the credit cards in full each month. That helps keep spending under control. And pay down any loans as fast as possible by paying extra each month or, if possible, pay them off completely.

## If you knew then what you know now, what would you have done differently?

Take a few more risks and not always take the safe road. In other words, not be so afraid of failure that it prevents me from trying. And not take myself so seriously. I have learned to laugh

at myself, which I think is a good trait.

## My simplest pleasure:

Hanging out with my kids by the fireplace, completely unplugged, just talking and laughing. We did that a lot over winter break.

## I crave:

Anything from The Cafe'.

## I secretly love:

Food blogging.

## When I am an old lady:

I hope I never stop learning and trying new things.

## I am thankful for:

The most supportive husband and family anyone

could ask for.

## Favorite wardrobe staple:

Infinity scarves. And boots.

## What financial advice would you give other women?

Spend less than you make, save a little and always know exactly where you are with your finances. Don't stack up debt for the future if you can help it. If you don't have it now, don't spend it. Live within your means, whatever income level that may be. You can feel good that you are doing the best you can with what you have. There is a genuine pride that comes with managing your finances and being self-sufficient.

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